

# Critical Care Nursing

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This Learning Pathway contains training and tools for critical care nurses to provide an added layer of support to patients. It includes continuing education courses in pain management, how to communicate with patients about their goals of care and support difficult decision-making, and when to refer to specialty palliative care.

## **Introduction to Palliative Care**

An introduction to palliative care, how it is delivered, its impact on quality of life, and the growing population of patients who need it.

## **Reducing Risks for Older Adults**

This course provides context and best practices for identifying older adults at risk for poor outcomes, including falls, delirium, and caregiving challenges.

## **Supporting the Family Caregiver: The Burden of Serious Illness**

Assessing and supporting caregivers of people with serious illness.

## **CAPC Palliative Care Referral Criteria**

Checklist of triggers for referral to a specialty palliative care team.

# **Communication Skills**

## **Discussing Serious News**

Learn best practices for having patient-centered conversations about a serious illness diagnosis.

## **Discussing Prognosis With Patients and Caregivers**

Learn how to effectively discuss prognosis with patients and their caregivers.

## **Clarifying Patient Goals of Care**

Learn best practices for building trust, eliciting patient values, and having patient-centered conversations about goals of care.

## Leading a Patient and Caregiver Meeting

Learn to effectively lead meetings that help patients and caregivers become aligned around the patient's goals.

## Care Planning

Learn techniques to help patients and their caregivers plan for the future, both during the early stages of a serious illness and as a disease progresses.

# Managing Pain and Other Symptoms

## Course 2: How to Perform a Comprehensive Pain Assessment

Learn the components of a comprehensive pain assessment and its importance in safe and effective pain management.

## Course 10: Managing IV Opioids

Learn how to convert patients back and forth from oral to IV opioid formulations, how to prescribe patient-controlled analgesia (PCA), and how to treat acute pain crises.

## Anxiety

After completing this course, learners will be equipped with evidence-based strategies to identify and treat anxiety in patients living with a serious illness.

## Constipation

Constipation occurs in at least 70% of patients living with a serious illness and often goes unrecognized. After completing this course, learners will have the tools to successfully identify and manage the impact of constipation.

## Depression

After completing this course, learners will have the tools to accurately identify and treat depression in patients living with a serious illness.

## Dyspnea

After completing this course, learners will have the tools they need to manage dyspnea, including the physical causes of shortness of breath and the emotional impact on the patient.

## Nausea/Vomiting

Nausea and vomiting are common symptoms of serious illness and can cause dangerous complications. After completing this course, learners will be equipped with practical skills to identify, manage, and reduce these symptoms.

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